

Water Is Life

Educational Manual

A Study of Alkaline Ionized Water

Introduction:

- 1) **Water is the fountainhead of all creation** - Contemporary scientists regard water as a very important element in unraveling the mysteries of the universe and the very essence of life. Since the dawn of creation, water has played a crucial role in man's very existence.
- 2) **Water is a source of life energy** - Water is truly the only "miraculous" substance that exists in three states: gas, liquid, and solid. The water in our bodies generates blood, distributes nutritive elements, and eliminates waste matter. It controls temperature and helps digestion. Most importantly, water revitalizes body cells. It would be of great interest to note that a seven week old embryo is composed of 95% water while a seven week old baby has 75–80% water. Adults are composed of 60–70% water and the aged 50%. It is clear from these percentages that water content is an important guide in measuring the health of the human body.
- 3) **Water is a gift from God** – Life giving water comes from the "heavens." The water we drink today is the same water present on earth when life began. This water has been recycled through the evaporation—rain process. Water rises up to the air in the form of steam. After receiving energy (electromagnetic, electronic, light, and sound) from the air, it falls to the earth in the form of rain. Water then permeates temperature and high pressure, forming life giving water. The whole cycle then proceeds uninterrupted. While we cannot alter the quantity of rain that comes from above, we can definitely alter the quality of the recycled water we have received.

How can we classify good quality drinking water? - There is such a thing as clean and healthy water. To be classified as good quality, or life giving, water must have five special characteristics:

- 1) **It must not be polluted.** Water contaminated with numerous chemicals endangers the cells of our body and makes us ill.
- 2) **It must contain sufficient electrolyte mineral ions.** Our body functions are closely connected with electricity, as can be evidenced by the use of a DC volt meter. When electricity is smooth, the cells become active.
- 3) **It must have molecules of small clusters** in order to be well absorbed by body cells. Water molecules consisting of small clusters make water delicious and fresh.
- 4) **It must be able to absorb various kinds of energy from nature.** Water is the most important medium on which bio energy is passed. Our body is able to conduct life activities by receiving natural energy which includes electromagnetic energy and energy from light waves and sound waves.
- 5) **It must have hexagonal molecular structures.** This is because the structure of DNA, or the basic genetic framework of man, is hexagonal in shape. Healthy cells are surrounded by the water of a hexacyclo structure. This means that falling ill is a result of a break in the structural form of

the water molecules that surround the cell. Thus, it can be observed that diseased cells are enclosed by pentagonal or chain shaped water.

I. THE ATHENA WATER IONIZER

A. Why Do We Need to Drink Water?

1. Water is the substance of life. Life cannot exist without water. In order to keep properly hydrated, we must be constantly adding fresh water to our body.
2. The human body is comprised of 70-80% water. It is the most important element we put into our bodies. This ratio must be maintained for good health.
3. It is difficult for the body to get water from any other source other than water itself. Soft drinks and alcohol steal tremendous amounts of water from the body; however, even other beverages (such as coffee, milk, and juice) require water from the body to be properly digested.
4. Water plays a vital role in nearly every bodily function.
5. Water is essential for proper digestion, nutrient absorption, and chemical reactions.
6. Water is essential for proper circulation in the body and flexibility of the blood vessels.
7. Water helps remove toxins (acidic waste) from the body, particularly from the digestive tract.
8. Water regulates your body's temperature. Imagine a car running without water in the radiator!
9. Consistent failure to drink enough water can lead to chronic cellular dehydration—a condition in which the body's cells are not hydrated enough, leaving them in a weakened state and vulnerable to disease processes.

Dehydration can occur at any time of the year, not just during the summer months when it's hot. The dryness that occurs during winter can dehydrate the body more quickly than when it's hot, one of the main causes being central heating and a dry atmosphere in the home, another being not drinking enough water. Many diseases, such as cholera, are caused primarily by dehydration. As a general rule, you should drink half your body weight in ounces of water every day to provide your body with its MINIMUM water replacement requirements as long as you are reasonably fit. Otherwise, start by sipping the water, gradually building up to your required amount.

B. Why Should We Avoid Consuming Soft Drinks?

Soft drinks steal water from the body. They work very much like a diuretic, which takes away more water than it provides to the body. In order for your body to process the high levels of sugar in soft drinks, it must take a considerable amount of water from the body. In order to replace the water stolen by soft drinks, you must drink at least 8-12 glasses of water for every glass of soda consumed. Soft drinks never satisfy your body's need for water. In fact, they make you want more of the same! How's that for an involuntary marketing technique? This is especially true of diet drinks (soda, tea, juice, etc.).

Ask anyone who drinks diet drinks how much he consumes. They think they are making a healthy choice, but in reality, the exact opposite is true. Diet soft drinks actually make you gain weight! Constantly denying your body an adequate amount of proper water can lead to Chronic Cellular Dehydration—a condition that weakens your body at the cellular level. Symptoms can include DRYNESS (e.g. dry skin, dry mouth, constipation etc.) This can lead to a weakened immune system. The only element the humans system need for proper hydration is water!

The elevated levels of phosphates in soft drinks leach vital minerals from your body. Soft drinks

are made with purified water, which also leaches vital minerals from your body. A severe lack of minerals can lead to heart disease (lack of magnesium), osteoporosis (lack of calcium), and many other diseases. Most vitamins cannot perform their intended function in the body without the presence of minerals. Nor can they perform without a proper medium, which is water. The acid in soft drinks can remove rust from a car bumper or other metal surfaces, like coins. Can you imagine what it does to your digestive tract as well as the rest of your body? The high amount of sugar in soft drinks causes the pancreas to produce an abundance of insulin, which leads to a "sugar crash." Chronic elevation and depletion of sugar and insulin can lead to diabetes and diseases related to imbalance in the human body. This is particularly disruptive to growing children and can lead to lifelong health problems.

Soft drinks severely interfere with digestion. The caffeine and high amounts of sugar virtually shut down the digestive process. Essentially, this means the body cannot take in the nutrients from food just eaten, even food that was eaten hours earlier. French fries consumed with soft drinks can take weeks to digest!

This can also lead to a disease called "leaky gut syndrome." This condition happens when large proteins abnormally pass into the blood via the small intestine and cause an allergic reaction.

Diet soft drinks contain aspartame, which has been linked to depression, insomnia, neurological disease, and a plethora of other illnesses. The FDA has received more than 10,000 consumer complaints about aspartame. This amounts to 80% of all complaints registered in regard to food additives. Soft drinks containing aspartame left in the sun or heat can turn the drink into formaldehyde which is a key ingredient in the embalming fluid used by undertakers to prepare corpses for burial.

The Action of Formaldehyde in Body

Formaldehyde has been listed as a carcinogen by E.P.A. Its vapors are intensely irritating to mucous membranes. Topical application may produce an irritating dermatitis. Ingestion may cause severe abdominal pain, hematemesis, hematuria, proteinuria, anemia, acidosis, vertigo, coma, and death.

Symptoms and Conditions for Consideration in Antigen Usage

Aching upper arms and shoulders, asthma, allergies, candidacies, chemical sensitivity, chest pain, crying depression, dizziness, burning eyes and other eye conditions, food allergies, general malaise, hallucinations, hay fever, mucous membrane, muscle spasms, numbness, paralysis, pollen allergy, rapid heartbeat, shakiness, spaciness, strabismus, and throat inflammation.

All soft drinks are EXTREMELY acidic, so much so that over time they can eat through the bottom liner of an aluminum can. Soda, if left too long on the shelf, can leach aluminum from the can into the soft drink.

Alzheimer patients who've been autopsied all have high levels of aluminum in their brains. Heavy metals in the body can lead to many neurological symptoms and other diseases.

Soft Drinks are EXTREMELY Acidic.

Soft Drinks have a pH of about 2.5. A pH reading below 6.5 means an acidic condition exists. If you drink soda, you are consuming a liquid that is thousands of times more acidic than that with which your body is designed to cope. Unhealthy cells flourish in an acidic environment. Soft drinks and acidic foods deposit acid waste in the body, which accumulates over a period of time. These wastes manifest themselves as joint problems and organ dysfunction. The body pH of cancer and arthritis patients is always low.

Soft drinks are one the most acidic forming substances that you can possibly put into your body. Avoid these, especially when you are ill with a cold, the flu, or something worse. The acidic content of soft drinks helps maintain illness. It is very difficult for the body to heal itself and correct its pH level at the same time.

People who have amalgam fillings and drink soft drinks put themselves at risk for what is known as an "acid attack" on the fillings, which leaches out more of the mercury from the amalgam fillings and into the body. (It is interesting to note that tooth enamel begins to break down at a pH of 5.5.) Combine this with possible leakage from the aluminum of the can and you have a potent cocktail of acidity and heavy metals attacking precious pH levels, as well as enabling disease processes that may be going on already to consolidate or proliferate.

C. Why Purified Water is Dangerous by Zoltan P. Rona MD, MSC

During nearly 19 years of clinical practice I have had the opportunity to observe the health effects of drinking different types of water.

Most of you would agree that drinking unfiltered tap water could be hazardous to your health because of things like parasites, chlorine, fluoride, and dioxins. Many health enthusiasts, however, are often surprised to hear me say that drinking purified water on a regular, daily basis is potentially dangerous. Paavo Airola wrote about the dangers of purified water in the 1970s when it first became a fad with the growing health food eating population.

Distillation is the process in which water is boiled, evaporated, and the vapor condensed. Purified or reverse osmosis water is free of dissolved minerals. Because of this, it has the special property of being able to actively absorb toxic substances from the body and eliminate them. Studies validate the benefits of drinking purified water when one is seeking to cleanse or detoxify the system for short periods of time (no more than a few weeks at a time).

Fasting using purified water can be dangerous because of the rapid loss of electrolytes (sodium, potassium, chloride) and trace minerals like magnesium, deficiencies of which can cause heart beat irregularities and high blood pressure.

Cooking foods in purified water pulls out its minerals and lowers its nutrient value. Purified water is an active absorber and when it comes into contact with air, it absorbs carbon dioxide, making it acidic.

The more purified water a person drinks, the higher the body acidity becomes. According to the U.S. Environmental Protection Agency, "purified" water, being essentially mineral free, is very aggressive, in that it tends to dissolve substances with which it is in contact; notably, carbon dioxide from the air is rapidly absorbed, making the water acidic and even more aggressive. Many metals are dissolved by purified water.

The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from purified water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) spill huge amounts of calcium, magnesium, and other trace minerals into the urine. The more the mineral loss, the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure, and a long list of other degenerative diseases generally associated with premature aging.

A growing number of health care practitioners and scientists from around the world have been advocating the theory that aging and disease are the direct result of the accumulation of acid waste products in the body. There is a great deal of scientific documentation that supports such a theory.

A poor diet may be partially to blame for the waste accumulation. Meats, sugar, white flour products, fried foods, soft drinks, processed foods, alcohol, dairy products, and other junk foods, cause the body to become more acidic. Stress, whether mental or physical, can lead to acid deposits in the body.

There is a correlation between the consumption of soft water (purified water is extremely soft) and the incidence of cardiovascular disease. Cells, tissues, and organs do not like to be dipped in acid and

will do anything to buffer this acidity, including the removal of minerals from the skeleton and the manufacture of bicarbonate in the blood.

The longer one drinks purified water, the more likely he is to develop mineral deficiencies and an acidic state. I have done well over 3,000 mineral evaluations using a combination of blood, urine, and hair tests in my practice. Almost without exception, people who consume purified water exclusively, eventually develop multiple mineral deficiencies.

Those who supplement their purified water intake with trace minerals are not as deficient but still are not as adequately nourished in minerals as their non purified water drinking counterparts, even after several years of mineral supplementation. The ideal water for the human body should be slightly alkaline, which requires the presence of minerals like calcium and magnesium.

Purified water tends to be acidic and can only be recommended as a way of drawing poisons out of the body. Once this is accomplished, the continued drinking of purified water is a bad idea.

Water filtered through a solid charcoal filter is slightly alkaline. Ionization of this charcoal filtered water is ideal for daily drinking. Longevity is associated with the regular consumption of hard water (high in minerals).

Ionized water is the best possible drinking water. Disease and early death is more likely to be seen with the drinking of purified water over a long period of time. Avoid it—except in special circumstances.

D. Alkaline Water Ionization

Today's environment is not the best—to put it mildly! So what can people do to try and maintain their health within a toxic environment? One of the best ways is by drinking alkalized ionized water.

Taking supplements, herbal remedies, homeopathic remedies, and allopathic medicines are just a few of the ways people try to maintain their health. But are the supplements, etc, actually being absorbed into the blood stream?

All treatments need one thing in order to work in the way that they were designed to work, and that is a fluid medium. This fluid is WATER, not tea, not coffee, not any other beverage, just WATER.

In theory, the average adult has approximately 10 gallons of water in his body. If you filter your water at home, then you will be getting some of the benefits of exchanging and cleaning the water content within your body. If you do not filter your water, then you are not refreshing and cleaning the body's water content. Just as you would change the oil and oil filter on your car, you must refresh and clean your body's water content.

Let's presume that the oil and oil filter are not changed. Sludge and flogging of the engine system would occur. Engine problems would result and eventually the car would break down. A call to the mechanic to at least get you home would be a temporary measure until a proper repair could be done.

Many people inherit predisposition to specific conditions from their parents, just like a car that has a design fault, the difference being that they have a bodily fault just waiting to happen. There is no such thing as an absolutely fit and healthy person; we all have our faults. With good maintenance the fault will only give minor problems, if at all.

However, our lifestyles are not geared to good maintenance. We tend to practice crisis management, seeing a health professional only when something is wrong instead of taking preventative measures. The last thing people want to think about is obtaining and maintaining good health simply by drinking water.

Today's society is in danger of becoming brainwashed if it believes the water supplies are okay even with added chemicals and those that leach into them.

Have you ever thought about the quality of the water you're drinking and, just as important, the amount of quality water you are drinking? In some areas, the water supply is recycled urine with chemicals added. All tap water has added chlorine in order to sterilize the water; some supplies have fluoride as well.

To further understand some of the processes involved, let's look at wine making. When making wine, all the ingredients are put into a demijohn (a 1-gallon glass jar) and shaken vigorously. The pH is checked and then the ingredients are stored for years, fermenting the substances and creating the wine. As the contents and yeast ferment, they make sediment, which falls to the bottom of the demijohn. If the sediment is left it would taint, and eventually destroy the wine. So the wine is filtered from the demijohn into another demijohn leaving the sediment behind. Then, once again, it is left to settle. Sediment continues to fall to the bottom, and again the wine is filtered into another demijohn.

For this process to occur, the maintenance of the pH of the water/wine in the making is quite important, if you want a decent wine. This sedimentation process is called oxidation. The more oxidation (burning of or spent energy) created, the more sediment there is in the glass demijohn.

The sedimentation process could be likened to acidic waste in our body. As we create more acid waste than alkaline waste in our bodies, the balance needs to be addressed in one way or another. Typically, people are at least 70-80% acid and 20-30% alkaline. Eating a vegetarian diet is a way of alkalizing. That's why people who have had ill health feel better on a vegetarian diet. The foods in a vegetarian diet are primarily alkaline and usually have higher water content.

However, most peoples' fluid intake is still 50% alkaline. Even bottled or filtered water is still, at best, a neutral pH, which is 50% alkaline.

Distilled water or reverse osmosis water leaches out minerals. So, unless you stay on a vegetarian diet and start to stabilize your internal environment, you will revert back to an overall acidic environment. Most beverages including some herbal teas are acidic.

Unless your beverage is an alkalinized beverage, this will reverse the balance that you are trying to establish. It makes logical sense to drink alkaline ionized water, as our body is approximately 70-80% water and needs proper alkalizing.

Acidity causes dryness. This can be seen in conditions such as arthritis, skin problems, and constipation—the list goes on and on. If you drink enough alkaline ionized water, it will attract acidic ions and carries them out of the body. Remember, most water is 50/50, which makes the water a neutral pH, not alkaline.

Every action has a reaction. Consider the examples of the car oil and wine making. In much the same way, we retain sediments that have to be dealt with by the body in one way or another.

If the body can't get rid of the acids, it deposits them in various systems of the body. The weakest system (predisposition) of each person is the main first target. As the body tried to correct itself, various other conditions may be manifested.

The body must have water to release toxins through the excretory system. This is primary in anyone's health. As an example, think of a flower that has not been watered. It dries up and withers.

One reason why people who are ill and take up exercise in one form or another feel worse the next day is because they have stirred up their sedimentation as well as having created more acidic waste

from exercise, even if the exercise has been a passive form of exercise.

Eating and drinking anything causes sediment in one form or another. Do you think that a person with allergies might have a lot of the sedimentation of the product to which they are reacting?

It is a well known fact that most people react to food substances that they like, or to substances to which they have been over exposed. Desensitizing the body to the offending substance switches the body's immunity to it, but it doesn't take the sedimentation out of the body. This is yet another reason why people can begin a new set of allergies and/or reactions.

If there is nothing to carry the sedimentation out of the body, then the body refuses to do anything until the sediment has settled or has been removed. This is why people who are chronically ill have peaks and troughs of energy. The best medium for carrying these toxins (acids) out of the body is alkalized water.

If the sediment is like a sludge, doesn't it make sense that a simple, first step would be to dilute it and wash it away before starting any desensitization, supplementation, medicines, or exercise, which would cause a stirring up of the sedimentation? The sludge/sedimentation that is being mobilized by water puts the body in a position of having to rid itself of accumulated waste. Some people are so ill with toxicity that they react to anything, even water. This is because the body has been so dry for so long that it is (for want of a better term) on fire! Simply put, the body is inflamed. People in this condition will feel worse until they get enough water into their system. They should take small amounts of alkaline ionized water and slowly build up their ability to dispose of accumulated acidic waste and sedimentation. This process will not happen overnight. It takes time for the body to dispose the accumulated, acidic waste that has been building up for years.

Healthy cells live in an alkaline environment. Unhealthy cells live in an acidic, accumulated waste environment. Osteopaths, chiropractors, physiotherapists, and physical therapists are focused on normalizing joint and tissue function. They do this by mobilization of the associated tissues and joints. The objective of the mobilization is to increase lubrication and movement of a specific area that has become dry. These areas exist because the environment is acidic! Lubrication comes from water. Are people with joint malfunctions drinking enough of the right type of water? It's doubtful.

In the area of nutrition, one of the main problems with the assimilation of nutrients in digestion is either not enough or too much acidity. Alkaline ionized water affects this by providing the stomach mucosa with water so that it can excrete the right amount of hydrochloric acid for food digestion. Alkaline ionized water does not neutralize stomach acid unless food has been eaten, thus prompting the stomach to secrete digestive acid. The water is needed and absorbed by the stomach mucosa in order to make the right amount of hydrochloric acid. As an ideal, you should not drink at all with your meals. This upsets the acidic balance in the stomach and so the breakdown of foods. People often take an antacid with their meals, when all they really need to do is to drink alkalized water before they eat.

One glass of alkalized water is equal to three glasses of ordinary or bottled water in its hydration capability. Because of its high hydration capability, alkaline ionized water also provides the pancreas and gall bladder with the ability to neutralize the acid coming from the stomach into the duodenum and small intestine so that it will not cause irritation or ulcerations. One area of the small intestine, called peyers patches, has a lot to do with the immune system and can be damaged by this acidic mixture. If we do not neutralize the acidic contents of the stomach with alkaline ionized water, then we have the makings of an acidic environment, which causes indigestion, malabsorption, inflammation, and other ensuing problems.

A Simple Introduction to Water Ionization How to Get the Healthiest Water

A water ionizer has two chambers. One is a positive chamber and the other is a negative chamber. Alkaline minerals in tap water are electrically positive; acid minerals in tap water are electrically negative. As water passes into the ionizer, these minerals are mixed together until they pass over the chambers.

The positive minerals are attracted into the negative electrode chamber. The negative minerals are attracted into the positive electrode chamber. Basically, this is how the ionizer separates the water into acid and alkaline water, supplying two types of water from one common source. (Water purified through reverse osmosis or distillation is not good for us on a long-term basis. Because there are no minerals in these types of water, it leaches its missing minerals from the body.) Some ions are not good for us because they are acidic. These acidic ions are separated in the ionization process from the alkaline water. Only the alkalized water, or IonWays water, contains beneficial mineral ions.

Bacteria cannot survive in alkaline ionized water; however, they can survive in ordinary tap water, unless it is boiled. Even then, the water will still contain some dead bacteria and chemicals.

Filters: There are many types of water filters on the market. We briefly describe their functionality so people will have a basic understanding of how they work. All water filters will need to be changed after a period of time.

Activated carbon filters will remove chlorine and some chemicals, but not fluoride. However, just having a simple carbon cartridge will still allow bacteria to grow in the cartridge. This is one good reason why they should be changed on a regular basis, even if they are not blocked.

Activated carbon, impregnated with silver, will remove chlorine and some chemicals and also neutralize most bacteria because of the impregnated silver. This is why cowboys used to put a silver bullet or piece of silver in their water to neutralize bacteria and make the water safer to drink. There are no filtration units that remove fluoride completely. Complete removal of fluoride requires distillation. Purified (reverse osmosis and distilled) water is not alkalized water.

It is important to note that filtration will not alkalize the water. Ours are the finest domestic filters available and at .01M are able to filter out all parasites, bacteria, cysts, and viruses. They also are very effective at removing chlorine plus help to remove fluoride and other harmful chemicals.

E. Benefits of Alkaline Ionized Water

1. Hypertension, diabetes, osteoporosis, asthma, allergies, and other adult diseases

Why are all these familiar ailments called “degenerative” or “adult” diseases? The answer is because they are usually acquired with age. When people are born, their bodies are predominantly alkaline. During the normal process of growth, through eating habits, and through every day activities, the human body acquires and stores excess acid waste that may build up to alarming levels and begin to destroy body tissues and organs. This is, in fact, the cause of most adult diseases, such as asthma, hypertension, diabetes, arthritis, and cancer. As medical scientists all over the world are finding out, it is the reason why people age. In fact, most people have acidic bodies due to accumulated acidic waste from food, drinks, lack of rest, stress, or pollution that is not completely disposed of by their systems. These acid wastes deplete their bodies of much needed oxygen and create an environment conducive to the growth of disease.

2. Flush out body acids!

Doctors advise taking alkaline minerals to oxygenate cells, neutralize body acids, and restore pH balance. Fresh fruits and veggies are alkaline, but fertilizers and pesticides may make these sources unsafe.

3. Ionized water is oxygen rich, bacteria free, and easily hydrates the body.

- Provides oxygen ions and ionized alkaline minerals to the cells, dissolving excess fatty acids, cholesterol, and crystalline uric acids.
- Acts as a powerful antioxidant that neutralizes free radicals, and flushes out body acids that cause degenerative diseases.

- Alkalizes blood, prevents thickening of the arteries, and improves blood circulation
- Helps restore pancreatic unction to produce insulin to neutralize excess blood sugar
- Facilitates excretion of body waste products—solves constipation
- Promotes natural weight loss—no diet, no exercise, no pills
- Slows down aging

4. Overall, alkaline ionized water improves the immune system and the body’s resistance to disease.

A water ionizer byproduct, acidic ionized water, is used externally to:

- Make hair shinier
- Smooth and tighten skin
- Serve as perfect astringent and toner for dry skin
- Heal cuts, blisters, relieve eczema, and many other skin problems

5. Water ionizers are recognized as “greatly enhancing health” by the Korean Ministry of Health and Welfare

Water ionizers produce the “water of life,” used for cleansing the body, and helping to prevent acidosis and acid based diseases, e.g. hypertension, gout, diabetes, psoriasis, asthma, cancer, etc.

F. Frequently Asked Questions about Water Ionizers

1. What is ionization?

Ionization is the process of converting liquids or particles wholly or partly into ions. It simply means gaining or losing an electron. Ionized water is water that has undergone the process of ionization through a water ionizer. Ionized water either becomes alkaline or acid, meaning that minerals have been segregated accordingly and the pH has been adjusted up or down.

2. How does a water ionizer produce ionized water?

Water runs through positive and negative electrodes, which ionize the water. It is then separated into alkaline and acid water as it passes through membranes. This is accomplished by separating the water after that it has been "charged" into positive and negative ions.

3. What is pH balance?

The degree of a solution’s alkalinity is measured in terms of a value known as pH, which is the negative logarithm of the concentration of hydrogen ions. On the pH scale, which ranges from 0 (acid) to 14 (alkaline), a solution is neutral if its pH is 7.

<i>Water is...</i>	<i>If the pH is...</i>	<i>This contains....</i>
Acid	0 (lowest)	Higher H + than OH-
Neutral	7	Equal H + and OH-
Alkaline	14 (highest)	Higher OH-than H +

The body’s pH should be slightly alkaline and should be approximately 7.5 when measured through saliva or urine.

4. What is alkaline ionized water?

Alkaline ionized water is healthy drinking water. It is full of oxygen molecules with an extra electron, also known as hydroxyl ions. Once the hydroxyl ions donate their extra electrons to free radicals (oxygen molecules that are missing one electron), you are left with plenty of productive oxygen.

Alkaline ionized water contains only five to six water molecules per cluster instead of ten to

thirteen of conventional water. Its smaller hexagon shaped molecular structure is similar to our DNA. This compatibility promotes cell health and resistance to aging. This "reduced" water is more hydrating than conventional water and is extremely detoxifying. In addition, alkaline ionized water is effective as a powerful antioxidant. People spend a lot of money on antioxidants to neutralize free radicals that cause disease, aging, and cancer. Ionized water is an antioxidant in liquid form that is easily absorbed by the body, making it more effective and powerful than costly antioxidant tablets.

Our diet is extremely acidic. Soft drinks and fast or processed food deposit acid waste in the body which builds up over time, creating an ideal environment for various diseases to thrive. Cancer patients, for instance, are extremely acidic. This is invariably true with children. If a child is a chronic soft drink consumer, he may end up with a serious disease at a very young age.

Maintaining an alkaline pH (8.5 to 10.5) makes it difficult for degenerative diseases to thrive. It may take years (depending on how acidic your body is), but alkaline ionized water will eventually flush out acid waste.

5. Why should I drink alkaline ionized water?

Drinking alkaline ionized water regularly will:

- Give you lots of energy
- Wash acid waste (toxins) from the body
- Hydrate the body three times more effectively than conventional water
- Allow you to absorb nutrients more effectively
- Make powders such as flour mix more thoroughly and smoothly
- Boil or cool faster than ordinary water
- Promote overall health and healing by balancing the body's pH

6. Who should drink alkaline ionized water?

Everyone should drink alkaline ionized water. It is beneficial to some degree to everyone. Athletes, for instance, will benefit from it immensely. Through the regular consumption of alkaline ionized water, an athlete's blood oxygen level will rise, resulting in increased stamina and endurance, and providing muscle tissue and organs with high amounts of oxygen.

It also gives children great amounts of oxygen, which helps their bodies function efficiently, as is the case with everyone who drinks it. Having extra amounts of oxygen in our blood naturally helps us to fight disease and build up a strong immune system. Since children usually have no accumulated toxins in their bodies, they will suffer none of the ill effects of detoxification such as headaches, diarrhea, etc.

7. How should I drink alkaline ionized water?

Begin at level 1 on the pH selector of your water ionizer and drink 3 to 5 glasses per day. If the water agrees with you, increase the amount of water you drink and the level of ionization intensity. As the antioxidant effects are more powerful as the pH level rises, you should take your time building up to higher levels. This will depend partly on what kind of physical shape you are in when you start drinking alkaline ionized water. For instance, if you have made a conscious effort to eat well and keep your body detoxified, you can start drinking alkaline ionized water at level three.

If you have been on medication for some time, or live on a diet of processed food, or a diet devoid of fresh fruits or vegetables, you may need to begin drinking alkaline ionized water at level one. Start by drinking an 8 ounce glass of water slowly. If you do not feel any negative effects, try another glass later in the day. If you still do not feel any negative effects, then move up to the next level in the following days until you reach level four. The stronger the alkaline ionized water you drink, the greater its ability to detoxify your body.

8. Is drinking high intensity, alkaline ionized water advisable?

Yes. Since we spent most of our lives accumulating acid waste within our bodies, we should start drinking alkaline ionized water at the lowest level and slowly work our way up to the highest level. Alkaline ionized water from a water ionizer has different levels of intensity. If the average person immediately drinks strongly alkaline ionized water, he could suffer headaches or diarrhea due to the water's strong detoxification quality. This is particularly true for elderly people and those who have a very poor diet or have taken a lot of medicine. You will, of course, experience more energy as the ionization intensity increases.

9. Can a person become too alkaline from drinking ionized alkaline water?

People have been known to drink as much as two gallons of ionized alkaline water daily and have greatly benefited from it. On the contrary, the most common imbalance that leads to health problems is too much acidity. The more acidic we are, the greater the chance for disease (such as cancer and arthritis) to flourish. People who are always sick have very low body pH, the sicker they are, the lower their body pH level.

10. Does alkaline ionized water have any negative effects?

Absolutely none—as long as it is used properly. Drink only ionized alkaline water; never drink ionized acid water. So far, no negative effects have been observed from the proper use of ionized water, either alkaline or acidic.

11. What is acid water?

Acid water is full of hydrogen ions and other acidic minerals (phosphorus, sulfur, etc.), which makes it an excellent cleansing and sterilizing agent. This water is for external use only and should never be ingested. Its multitude of benefits includes:

- Kills bacteria, especially those found in vegetables, fruit, meat, and fish
- Helps heal cuts, blisters, scrapes, and rashes
- Provides relief from mosquito bites, bee stings, poison ivy, and poison oak
- Makes hair shinier and smoother

Working as a skin astringent, acidic water helps in the treatment of acne, eczema and fungi, like athlete's foot. It can also:

- Relieve chapped, dry and itchy skin
- Effectively remove plaque from teeth, and can be used in lieu of toothpaste
- Relieve sore throat and mouth sores when used for gargling
- Promotes plant growth and health, especially herbs and wheat grass
- Extends the life of cut flowers

12. How does alkaline ionized water taste compared with conventional water?

A common remark regarding the taste of alkaline ionized water is that it tastes smoother and more delicious than conventional water. This is due to the smaller size of the molecular clusters. It also makes better coffee, tea, and juice, and is excellent for cooking because it helps hydrate the food and bring out its flavor. In addition, alkaline ionized water, when compared with regular water, does not make you feel bloated even if you drink a lot of it at once.

13. How long does alkaline ionized water stay ionized?

Though it is recommended that people drink freshly alkaline ionized directly water from a water ionizer, the water can also be stored, preferably in sealed glass bottles, with its properties lasting for as long as:

Properties

Antioxidant (hydroxyl ions)

Approximate life

18 to 24 hours

High pH (alkaline properties)	1 to 2 weeks
Smaller molecular cluster size	1 to 3 months

G. Testimonials

1. High blood pressure

Pro. Kuninaka Hironage, Head of Kuninaka Hospital:

For over 10 years of my experience, my concept toward minerals, especially pertaining to ionic calcium in high blood pressure and other diseases is most significant. In accordance to the theory of medical Professor Gato of Kyushu University on Vitamin K (because vitamin K enables the blood calcium to increase), or the consumption of more ionized water, the effectiveness of the increase in the calcium in high blood pressure is most significant. Too many fats in the diets, which lead to the deposition of cholesterol on the blood vessels, which in turn constrict the blood flow, cause most illnesses such as high blood pressure.

By drinking ionized water for a period of 2 to 3 months, the blood pressure should slowly drop, because the ionized water is a good solvent, which dissolves the cholesterol in the blood vessels.

2. Pre-Eclamptic Toxemia

Prof. Watanabe Ifao, Watanabe Hospital Ionized water improves body constituents and ensures effective healing to many illnesses. The uses of ionized water in gynecological patients have proved to be very effective. The main reason for its effectiveness is that this water can neutralize toxins. When given ionized to pre-eclamptic toxemia cases, the results are very significant. During my long years of servicing the pre-eclamptic toxemia cases, I found that the women with pre-eclamptic toxemia who consumed ionized water tend to deliver healthier babies with stronger muscles. A survey report carried out on babies in this group has intelligence above average.

3. Heart Disease

Prof. Kuwata Keijiroo, Doctor of Medicine:

In my opinion, the wonder of ionized water is its ability to neutralize toxins, but it is not a medicine. The difference is that medicine is specific to each individual case; whereas the ionized water can be consumed generally and its neutralizing power is something which is very unexpected. Now, in brief, let me introduce to you a heart disease case and how it was cured.

The patient was a 35 years old male suffering from vascular heart disease. For 5 years, his health deteriorated. He was in the Setagays Government Hospital for treatment.

During those 5 years, he had been in and out of the hospital 5 to 6 times. He had undergone high tech examinations such as angiogram by injecting VINYL via the vein into the heart. He consulted and sought treatment from many good doctors. Later he underwent a major surgical operation. Upon his discharge from the hospital, he quit his job to convalesce. However, each time when his illness relapsed, the next attack seemed to be even more severe. Last year, in August, his relatives were in despair and expected he would not live much longer. It so happened at that time that one of the victim's relatives came across an ionized water processor. His illness responded well and he is now on the road to recovery.

Note:

In the United States, cardiovascular disease accounts for more than one half of the approximate 2 million deaths occurring each year. It is estimated that optimal conditioning of drinking water could reduce this cardiovascular disease mortality rate by as much as 15 percent in the United States.

From: Report of the Safe Drinking Water Committee of the National Academy of Sciences, 1977.

4. Eczema

Prof. Tamura Tatsuji, Keifuku Rehabilitation Center:

Eczema is used to describe several varieties of skin conditions, which have a number of common features. The exact cause of eczema is not fully understood. In many cases, eczema can be attributed to external irritants.

Let me introduce a patient who recovered from skin disease after consuming the ionized water. This patient suffered 10 years with eczema and could not be cured effectively, even under specialist treatment. This patient, who is 70 years of age, is the president of a vehicle spare parts company. After the war, his lower limbs suffered acute eczema, which later became chronic. He was repeatedly treated in a specialist skin hospital.

The left limb responded well to treatment, but not so on the right limb. He suffered severe itchiness, which, when scratched, led to bleeding. During the last 10 years, he was seen and treated by many doctors. When I first examined him, his lower limb around the joints was covered with vesicles. Weeping occurred owing to serum exuding from the vesicles.

I advised him to try consuming ionized water. He bought a unit and consumed the ionized water religiously and used the acidic water to bathe the affected areas. After 2 weeks of treatment the vesicles dried up. The eczema was completely cleared without any relapse after 1 1/2 months.

5. Allergy

Prof. Kuninaka Hironaga, Head of Kuninaka Hospital:

Mr. Yamada, the head of Police Research Institute, suffered from a severe allergy. He was treated repeatedly by a skin specialist, but with no success; then he started consuming ionized water. The allergy responded very well and was soon completely cured. No relapse had occurred. He was most grateful and excited about this treatment.

As for myself, I had also suffered severe allergy. Ever since I began to consume ionized water, the allergy has recovered. Since then, I started a research on the effectiveness of ionized water. I discovered that most allergies are due to acidification of body condition and is also related to consuming too much meat and sugar. In every allergy case, the patient's antioxidant minerals are excessively low which in turn lower the body resistance significantly. The body becomes overly sensitive and develops allergy easily. To stabilize the sensitivity, calcium solution is injected into the veins. Therefore, it is clear that the ionized water has ionic calcium, which can help alleviate allergy.

The ionic calcium not only enhances the heart, urination, and neutralization of toxins but also controls acidity. It also enhances the digestive system and liver function. This will promote natural healing power and hence increase resistance to allergy. Some special cases of illness, which do not respond to drugs, are found to respond well to ionized water.

6. Digestive System Problems

Prof. Kogure Keizou, Kogure Clinic of Juntendo Hospital:

The stomach is readily upset both by diseases affecting the stomach and by other general illnesses. In addition, any nervous tension or anxiety frequently causes gastric upset, vague symptoms when they are under some strain.

The important role of ionized water in our stomach is to neutralize the secretion and strengthen its functions. Usually, after consuming the ionized water for 1 to 3 minutes, the gastric juice increase to 1 1/2 times. For those suffering from hyperchlorhydria or achlorhydria (low in gastric juice) the presence of ionized water will stimulate the stomach cells to secrete more gastric juice. This in turn enhances digestion and absorption of minerals.

However, for those with hyperchlorhydria (high in gastric juice), the ionized water neutralizes the excessive gastric juice. Hence, it does not create any adverse reaction.

According to the medical lecturer from Maeba University, the pH of the gastric secretion will still

remain normal when ionized water is consumed. This proves that ionized water is able to neutralize as well as to stimulate the secretion.

7. Diabetes

Prof. Kuwata Keijiroo, Doctor of Medicine:

When I was serving in the Fire Insurance Association, I used to examine many diabetic patients. Besides treating them with drugs, I provided them with ionized water. After drinking ionized water for one month, 15 diabetic patients were selected and sent to Tokyo University for further testing and observation.

Initially, the more serious patients were a bit apprehensive about the treatment. When the ionized water was consumed for some time, the sugar in the blood and urine ranged from a ratio of 300 mg/l to 2 mg/dc. There was a time where the patient had undergone 5 to 6 blood tests a day and detected to be within normal range. Results also showed that even 1½ hours after meals, the blood sugar and urine ratio was 100 mg/dc 0 mg/dc. The sugar in the urine has completely disappeared.

Note: More Americans than ever before are suffering from diabetes, with the number of new cases averaging almost 800,000 each year. The disease has steadily increased in the United States since 1980, and in 1998, 16 million Americans were diagnosed with diabetes (10. million diagnosed, 5.4 million undiagnosed). Diabetes is the seventh leading cause of death in the United States, and more than 193,000 died from the disease and its related complication in 1996. The greatest increase (76 percent) occurred in people age 30 to 35. **From:** U. S. Department of Health and Human Services, October 13, 2000 Fact Sheet.

8. Obesity

Prof. Hatori Tasutaroo, Head of Akajiuiji Blood Centre, Yokohama Hospital, Faitama District:

Due to a higher standard of living, our eating habits have changed. We consume too much protein, fat, and sugar. The excess fat and carbohydrates are stored in the body as fat. Today, Americans are more extravagant with their food compared to the Japanese. Due to this excessive intake of food, obesity is a significant problem. Approximately one out of five males and one out of four females are obese.

The degree of "burn-out" in food intake largely depends on the amount of vitamins and minerals we take in. When excessive intake of proteins, carbohydrates, and fats occur, the requirement for vitamins and minerals increases. However, there is not much research carried out pertaining to the importance of vitamins and minerals.

Nowadays, many people suffer from acidification that leads to diabetes, heart diseases, cancer, liver and kidney disease. If our food intake can be completely burned off, then there will be no deposit of fat. Obviously, there will be no acidification problem and hence there should not be any sign of obesity.

Ionized water contains an abundance of ionic calcium. This ionic calcium helps in the "burn-off" process. By drinking ionized water, it provides sufficient minerals for our body. As a result, we do not need to watch our diet to stay slim. Hence, ionized water is a savior for those suffering from obesity and many adult diseases, providing good assistance in enhancing hood health.

REFERENCES

Airola, P, 1974 "How to Get Well," Phoenix, AZ, Health Plus Publishers

Baroody, Dr. Theodore A. Jr. "Alkalize or Die," California Portal Books, 1995

Haas, Elson M. "Staying Healthy with Nutrition: The Complete Guide to Diet & Nutritional Medicine," Berkeley, CA, Celestial Arts, 1992, (p.22)

Rona, Dr. Zoltan P. and Martin, Jeanne Marie, "Return to the Joy of Health," Vancouver Alive Books, 1995

Rona, Dr. Zoltan P. "Childhood Illness and the Allergy Connection," Rocklin, CA, Prima Books, 1996

Dr. Zoltan P. Rona is a graduate of McGill University Medical School (1977) and has a Master's Degree in Biochemistry and Clinical Nutrition from the University of Bridgeport in Connecticut (1985). He is the author of the Canadian bestsellers, "The Joy of Health" and "Return to the Joy of Health." He is a past president of the Canadian Holistic Medical Association and is a consultant on nutritional medicine to the Motherisk Program of the Department of Pharmacology of the Toronto Hospital for Sick Children.

Born 22/2/51 in Budapest, Hungary, raised in Montreal, Quebec. Canadian citizen.